

✚ How to Achieve Balance in Your Life – two 32-minute tapes

With all the roles that women must fill, it's not unusual to feel that you have lost a vital balance in your life. Take back control of your life and rediscover the revitalizing powers of inner balance. Enjoy the satisfactions of a more fulfilled life.

How to attain equilibrium and poise for a lifetime

Learn how to:

- Use the tools of balance in your life
- Live by your own definition of success
- Understand where your feelings come from
- Become effective, not just efficient
- Put your self-care at the top of your to-d list